



JUNE 2020

Online Virtual Classes Only

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11:30am-12:30pm Chair Yoga Tristina	11:00am-12:00pm Yoga Stretch & Meditation Karen		12:30pm-1:30pm Chair Yoga Tristina	9:15am-10:15am Mixed Level Yoga Arti	
5:30pm-6:30pm Mixed Level Yoga Arti	6:00pm-7:00pm Sun/Moon Yoga Tara	5:30pm-6:30pm Mixed Level Yoga Arti	5:30pm-6:30pm Gentle Yoga Arti			

All classes are Mixed Level/Beginner Friendly unless noted on the schedule []
Classes are subject to change. For the most up-to-date information, check our website or app*